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City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Crafting is Good For Your Health!

Somerville Council on Aging Presents



Forget Me Knot Group

3 Month Support Group
about Memory and Aging

Do you have concerns
about your memory or the
memory of a loved one?
Have you ever wondered if
forgetfulness is a normal
part of aging?

Are you curious how to
keep your brain healthy and
active? Do you ever
wonder if people around
you feel the same?

This group hopes to guide
you to the answers to these
questions & to provide
educational, emotional and
social support. Anyone
with concerns about
memory and aging is
welcomed

Wednesdays
March 16th-June 15th
1:00-2:00 p.m.
Somerville COA
Holland Street Center



Last year, CNN featured a news segment called: "This is Your Brain on Crafting." In it, the reporter spoke with a variety of medical and occupational experts who provided evidence that crafty activities, such as knitting, quilting, and felting, are good for your physical and mental health. In particular, one study showed how participating in crafting provided a natural anti-depressant because it stimulates the brain to release a "feel-good" neurotransmitter called dopamine. A survey study of more than 3,500

knitters, published in The British Journal of Occupational Therapy, showed that 81% of respondents with depression reported feeling happy after knitting. More than half reported feeling "very happy," and crafting's reward goes far beyond creation. Seeing the finished product adorning your walls -- or receiving praise from a loved one -- can offer repeated hits of that feel-good chemical.

Knowing this to be true, we would like to remind everyone that the Ralph and Jenny Center has an on-going knitting group every Tuesday and Thursday morning. Right now, knitters there are keeping busy creating items for Somerville babies.

As many in Somerville know, our Cross Street Center has hosted a number of crafty activities over the years. With this in mind, we would also like to encourage any one interested in participating in a morning coffee "knit and chat" session on Wednesdays at the Cross Street Center to contact Janine Lotti at (617)625-6600, ext. 2335. If there is enough interest, the group could start almost immediately. Participants can also knit items for babies—or they can come with other patterns and ideas. Some knitting experience would be preferred, but not necessary.

Coming Soon: Food Bag Distribution Program!



Beginning on Thursday, March 24th at 10:30 a.m., the COA will host a Food Bag Distribution Program, in cooperation with a local food bank. Distribution will happen on the fourth Thursday of each month. Participants who have filled out all the necessary paperwork will receive two bags from the food bank. You must fill out an application to participate. For more information and to obtain an application, contact Connie at (617)625-6600, ext. 2300.

Message from the Mayor

Happy Spring to all of you!

Even though I know Spring doesn't officially begin until March 20th, I am more than ready for the sight of some flowers and green. I always love the spirit of renewal that comes with Spring!

It looks as if the COA is ready to welcome Spring as well. I see that their Garden Club is up and running again. I can't wait to learn more about the fresh produce they grow. I have heard such wonderful things about the knowledge shared in that group. Check it out if you can. And, speaking of gardens, I noticed a trip to the Flower Show in this month's calendar. I hope that many of you get to go and enjoy that event. I can't think of a better way to celebrate the season.

I can't help but notice that there's some very good information for you about Social Security benefits in this issue. It makes perfect sense to me that during "Women's History Month," we should encourage women of all ages to learn more about the benefits they earn and deserve. I'm glad to see this, and I know that the COA's Social Service Team does a great job helping older adults find benefits and navigate what can be a very confusing system. Remember that they are here to help you in any way they can.

As always, I send you my best.

Have a great beginning of Spring!



Contacts & Information

EXECUTIVE DIRECTOR

Cindy L. Hickey

STAFF

Connie Lorenti ▪ Administrative Assistant

Suzanne Norton ▪ LICSW, Social Worker

Natasha Naim ▪ LCSW, Social Worker

Janine Lotti ▪ Senior Project Manager

Chris Kowaleski ▪ Health and Wellness Coordinator

Maureen Bastardi ▪ Outreach Coordinator

Josephine Raczkowski ▪ Administrative Assistant

Kim Moss ▪ Ralph and Jenny Director

Judy Calvey ▪ Holland Street Director

Brianna Walsh ▪ Social Work Intern

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CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday and Thursday 9 a.m.—1:30 p.m.

Wednesday 9 a.m.-3 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday-Thursday 9 a.m.-2:30 p.m.

Community-Building Baby Shower



The Somerville Council on Aging is proud to collaborate with the Somerville Family Learning Collaborative to host its first **Community-Building Baby Shower** on Tuesday, April 5th from 5:30-7:00 p.m. at the Council on Aging Holland Street Center, 167 Holland Street. The event has been designed as a way to give expectant young mothers encouragement and support as they begin one of life's biggest adventures and take on one of life's most difficult jobs. To help make the event a success, we are collecting donations of hand-knitted baby goods and small essentials.



This exciting, supportive event will involve older adults interacting with mothers and babies in song and other learning activities and celebrating together the many happy experiences to come. Registration is limited to 20 adults. To register, please call Janine at (617) 625-6600, ext. 2300.

Important Trip Information Meeting



If you are thinking about travelling with the Council on Aging to Las Vegas, you must attend an information session on Wednesday, March 2nd at 9 a.m. in our Holland Street Center. Please call (617) 625-6600, ext. 2300 to pre-register for this important briefing.



Help Make Art!



It's not often you get the chance to contribute to an ambitious art project. Here's your opportunity.

Local artist Martha Friend is constructing an "Emerald City." You can help her by donating any green bottles or assorted green glass—preferably clean— of ANY KIND. Items with the green color that would work best for the project are: Heineken bottles, Jameson bottles, Peligrino bottles. Wine bottles are nice, but many of them are more olive green than emerald green.

Ms. Friend is happy to collect the bottles from you. Contact Janine for more information.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	Election Day - Holland Street Center Closed 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ)	9:00 Trip Meeting (H) 10:00 English Conversation (C) 11:30 Lunch (C) 12:45 Bingo (H) 1:00 Bowling at Flatbreads Lunch & Bingo at our Holland Street Center Ralph & Jenny closed	10:00 English Conversation (C) 10:00 Knitting for Babies (RJ) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ)	10:00 Book Club (H) 11:30 Lunch (H) 12:45 Bingo (H)
9:30 Monthly Breakfast (H) 10:30 Moonlighters at Clarendon Hill 1:00 Bereavement Group (H)	9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Final Poetry Workshop Celebrations (C) 10:00 Cards (RJ) 10:30 Low Vision (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ)	10:00 English Conversation (C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads	10:00 English Conversation (C) 10:00 Blood Pressure Screening (H) 10:00 Knitting for Babies (RJ) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ) 7:30 Berklee - R&B/Funk	11:30 Lunch (H) 12:45 Bingo (H)
9:00 Gardening Club (H) 1:00 Bereavement Group (H) 4:30 LGBTQ Advisory Group (H) St. Patrick's Day Celebration at WHYC	9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) 6:00 Caregivers Group (H)	10:00 English Conversation (C) 11:30 Lunch (C) 1:00 Bowling at Flatbreads 1:00 Forget Me Knot (H) Saint Patrick's Lunch & Show at the Aquaturf Club	10:00 Blood Pressure Screening (RJ) 10:00 English Conversation (C) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Reminiscing Group (H) 11:30 Lunch (RJ, C) 11:30 - 3:00 St. Patrick's Day Super Bingo (RJ)	11:30 Lunch (H) 12:45 Bingo (H) Flower & Garden Show
9:30 Veteran's & Men's-Group (H) 10:00 Activities & Movie (RJ) 10:30 Moonlighters (H) 11:30 Lunch (RJ) 1:00 Bereavement Group (H)	9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Cards (RJ) 11:30 Lunch (RJ, C) 11:30 Pizza & A Movie (H) 12:00 Computer tutorial with Norbert (by appointment only)	10:00 English Conversation (C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads 1:00 Forget Me Knot (H)	10:00 English Conversation (C) 10:00 Knitting for Babies (RJ) 10:00 Current Events (H) 10:00 Cards (RJ) 10:30 Food Bag Program (RJ) 11:00 Computer tutorial with Barbara	No Programming Office will be open

MAR 2016

5:30 LGBTQ Event Night - Senator Jehlen	(H) 12:45 Bingo (RJ)		(by appointment only) (H) 11:30 Reminiscing Group (H) 11:30 Lunch (H,, RJ, C) 12:45 Bingo (H, RJ)
7:30 Berklee - Vocal Jazz Series			
28 10:00 Senior Health Insurance 101 (H) 10:00 Activity & Movie (RJ) 10:30 Moonlighters (H) 11:30 Lunch (RJ) 1:00 Bereavement Group (H)	29 9:00 Living Frugally (H) 10:00 English Conversation (C) 10:00 Cards (RJ) 10:00 Housing 101 (H) 11:30 Lunch (RJ, C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (RJ) Twin Rivers	30 10:00 English Conversation (C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads 1:00 Forget Me Knot (H) 5:00 Supper & Bingo (H)	31 10:00 English Conversation (C) 10:00 Knitting for Babies (RJ) 10:00 Current Events (H) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (RJ) - Joint lunch w/ Holland - Portuguese Food 11:30 Reminiscing Group (H) 11:30 Lunch (C) 12:45 Bingo (RJ)

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

Monday: *Fit-4-Life Group C - 1:00 p.m. - (H)

Tuesday: Strengthening - 9:15 a.m. - \$3 per class (H) / *Fit-4-Life - 11:15 a.m. (Cross Street) / Dalcroze Eurhythmics - 1:00 p.m. - \$2/class (H)*** / *LBT Fit-4-Life, 6:00 p.m. (H)

Wednesday: *Fit-4-Life - Group A - 8:45 a.m. / Group B (nutrition) - 9 a.m./ Group B (exercise) - 10:00 a.m. (H) / Group A (nutrition) 10:00 a.m. / Group C (nutrition) - noon (H) / Group C (exercise) - 1:00 p.m. (H) / Zumba 4 All - 5:15 p.m. - \$3/class (H)

Thursday: Yoga - 9:00 a.m. - (H)**** / Strengthening - 9:30 a.m. - \$3 per class (RJ) / *Fit-4-Life, 11:15 a.m. (Cross Street) / *LBT Fit-4-Life, 6:00 p.m. (H)

Friday: *Fit-4-Life - Group A - 8:45 a.m. - (H); *Fit-4-Life - Group B - 10:00 a.m. (H)

*All Fit-4-Life classes are \$10 per month and require pre-registration / ** Walking & Talking Group is on hiatus until springtime / *** Dalcroze Eurhythmics is on hiatus / ****Yoga is a 5 week series / One on one nutrition is on hiatus until further notice

KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

Social Services News You Can use

March is Women's History Month

March is Women's History Month, a commemoration highlighting women's contributions to American history and modern society. Women's History Month had its origins in 1981, when President Reagan proclaimed the week beginning March 7, 1982 as "Women's History Week." At the request of the National Women's History Project, in March 1987, Congress expanded the celebration to a full month.



Social Security is important to women at every stage in life.

Whether you are a bride-to-be, a new mother, or a life-long worker considering retirement, we provide information and services that are relevant to you.

www.socialsecurity.gov/women

It is important to include the discussion of Social Security Benefits as part of the celebrations of Women's History Month. The above referenced website is designed specifically to give women insight into the importance of their Social Security benefits. It contains a link to another publication, "***What Every Woman Should Know***," (www.socialsecurity.gov/pubs/EN-05-10127.pdf) that answers questions women may have.

Nearly 60 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Today, women have challenging choices to make. Whether they work, have worked, or have never worked outside of the home, women must understand how Social Security can help them and their families. Although they've made significant strides, women are more likely to earn less during their lifetimes than men. They're less often covered by private retirement plans and more dependent on Social Security — and for a longer period of time since, on average, women live about five years longer than men. Social Security offers a basic level of protection to all women covered by this program.

When women work, they pay taxes into the Social Security system, providing for their own benefits. In addition, their spouses' earnings can give them Social Security coverage as well. Women who don't work outside of the home are often covered through their spouses' work and can receive benefits when they retire, become disabled, or die. Over the years, the level of Social Security protection for women has been strengthened. In addition to understanding the benefits to which they may be entitled, women also need to be aware of other aspects of the Social Security program. For example, they need to know some basics, such as what to do if they change their names. Social Security is a vital program, especially for women, but it was never intended to cover all of their financial needs. To live comfortably, everyone needs to plan accordingly. Living within one's means and saving for the future are big parts of that plan.



LGBTQ News



Legislative Commission Releases LGBT Aging Report



Our next LGBTQ Event Night will be on **Monday, March 21st, 5:30 PM in the Atrium of Holland Street..Senator Patricia (Pat) D. Jehlen** from the 2nd Middlesex District (which cover Somerville, Medford and parts of Cambridge and Winchester) coming to discuss the Special Legislative Commission on Lesbian, Gay, Bisexual and Transgender Aging Report that came out at the end of last year.

The 75-page report contains recommendations analyzing the health, housing, financial, psychosocial, and long term care needs of the Commonwealth's older lesbian, gay, bisexual, and transgender older adults and their caregivers, and examines the impact of state policies and regulations on the LGBT older adult population. As required by law, the report has been filed with the Legislature in order to consider policy improvements that ensure equality of access, treatment, care and benefits for LGBT older adults, increase provider awareness and competency for the needs of the growing population of LGBT older adults, and promote best practices in the delivery of health, housing, and long term support services to older LGBT adults.



An increasing number of LGBT people are reaching older adulthood. With more and more LGBT adults reaching retirement age and entering mainstream senior services, the Commonwealth needs to be adequately prepared to protect some of our most vulnerable citizens. For this reason, the report urges members of the legislature to consider the vital importance of the Commission's work and to respond accordingly with further necessary budgetary allocations as well as appropriate policymaking decisions.

Be sure to mark your calendars, and come ready to share your thoughts with Senator Jehlen.

If you wish to read the contents of the report before Senator Jehlen's visit, they can be found at the following link: <https://malegislature.gov/Bills/189/Senate/SD2441>

Spotlight on . . .

Council on Aging Mens Group

Are you recently retired or over 55 and looking to connect with other men in the Somerville community? Then you should consider joining our men's group where you can connect with old friends and make new ones. Our meetings are casual and friendly.

Come join us for some interesting conversation with a cup of coffee and snacks. Conversations



include discussions about current Somerville and local activities, reminiscing about the past, and other topics of interest to the group. Come chat about what is on your mind!

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

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